



Smoke?? Chew??

**READY TO GOBBLE UP A CHANCE
TO QUIT?**

BECOME TOBACCO-FREE!

The Harford County Health Department is offering 'NO TO TOBACCO' Classes. **FREE!!** Open to all tobacco users who want to quit. Includes how to make and use your own quit plan. **Pre-registration is required for all classes** and the Pre-Quit Class is mandatory for all first time participants. To register, call 410-638-8405. All options are handicapped accessible.
WHAT A GOOD TIME TO QUIT!

Option 1

Where: Harford Memorial Hospital
Susquehanna Room
501 S. Union Ave
Havre de Grace, Md.

When: MONDAY EVENINGS

Dates and Times

Pre-Quit Class: **Nov. 12, 2007**
6:00—8:00 p.m.

'No To Tobacco' Class
5 Monday evenings
Nov. 19, 26, Dec. 3, 10, and Dec. 17
6:00—7:30 p.m.

Option 2

Where: Harford County Health Department
Conference Room
119 S. Hays Street
Bel Air, Md.

When: TUESDAY EVENINGS

Dates and Times

Pre-Quit Class: **Nov. 13, 2007**

'No to Tobacco' Class
5 Tuesday evenings
Nov. 20, 27, Dec. 4, Dec. 11, and Dec. 18

